



SENTINEL

News & Updates from Methodist Family Health Foundation

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PRESIDENT'S CORNER



To say all our lives have been disrupted is an understatement. It can be overwhelming, and it's not slowing down fast enough for most of us. We know how much change and uncertainty in our lives can affect children and families. Whatever your family is facing right now - children at home, uncertainty about physical and mental health, or complete exhaustion, Methodist Family Health can help now.

Here's how: we have openings in our programs, including:

- Acute and subacute care in Methodist Behavioral Hospital in Maumelle,

- Longer term care in our psychiatric residential treatment centers in Bono and Little Rock,
- Addiction rehabilitation for moms who have a dual diagnosis of a mental health issue and a substance abuse addiction in our Arkansas Centers for Addictions, Research, Education and Services. In Arkansas CARES, moms can keep their children with them while they recover,
- Outpatient counseling in our Methodist Counseling Clinics throughout the state, either in person or via telehealth, and
- Community-based counseling, which also can be conducted either in person or via telehealth at safe, healthy locations.

Methodist Family Health is following every safety and health guideline set out by the Centers for Disease Control and the Arkansas Department of Health, and our team of therapists, counselors, psychiatrists, psychologists, teachers, recreational therapists and other psychiatric, behavioral and emotional professionals can help you and your child manage the anxiety, stress and fear you both are facing.

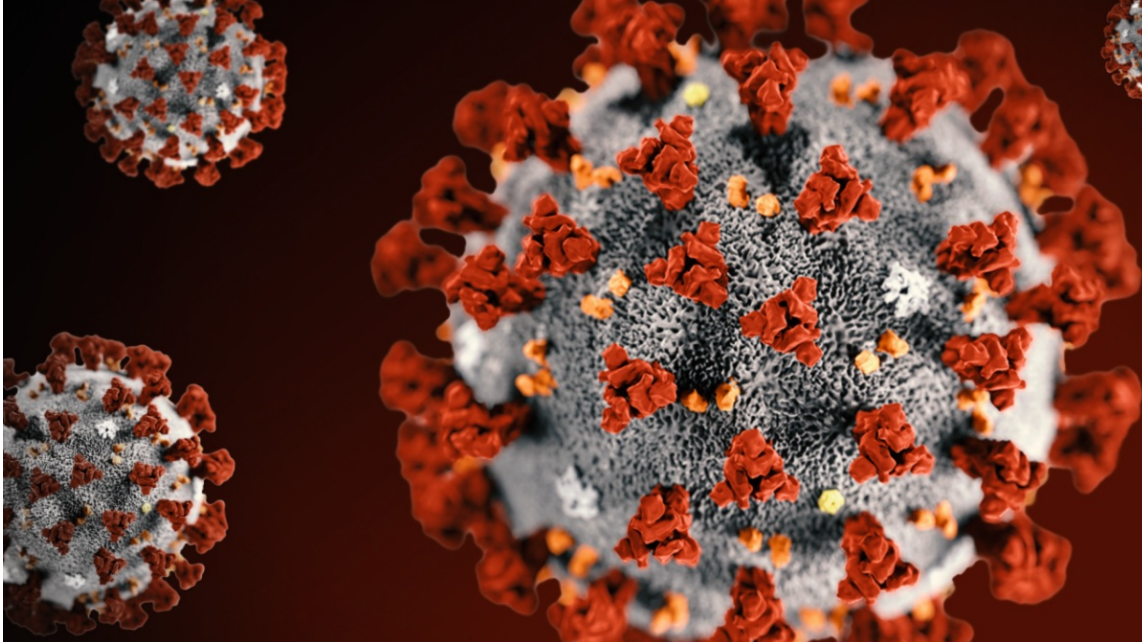
In times of national crisis or family crisis, Methodist Family Health is available to you and your family. Please contact us today or anytime you need us.

As we continue through this COVID-19 event together, please know we at Methodist Family Health will continue to carry out our mission to provide the best possible care to those who may need our help, and this includes you, our supporters and donors.

Stay well and safe.

Sincerely,

Andy Altom
President and CEO



Methodist Family Health's Response to COVID-19

The coronavirus has caused everyone with Methodist Family Health to reconsider our mission of providing the best possible care to those who may need our help. This includes our patients, clients, staff, their loved ones, the communities in which we live and serve, and our donors and supporters. It now includes our state and our nation as well.

As part of our commitment to fulfilling our mission during COVID-19, we have added a page to our website, [MethodistFamily.org](https://www.methodistfamily.org), specifically about our response to the pandemic in Arkansas. [On this page](#), you will find reliable information from members of Methodist Family Health's emergency response team, who are actively monitoring sources such as the Arkansas Department of Health, the Centers for Disease Control, Regional Healthcare Preparedness Coalitions and other reliable sources on COVID-19.

Methodist Family Health is taking every step necessary to keep our clients and communities healthy and safe. We encourage anyone who has questions or concerns about someone they love in our care to e-mail us at Response@MethodistFamily.org or call 501-661-0720. You also can monitor our social media feeds as well as this COVID-19 page.

For breaking news and vetted information on the COVID-19 virus, please visit these sources:

- <https://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus>
 - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
 - <https://coronavirus.jhu.edu/>
-

Expert Counseling for Children and Families is Now at Your Fingertips.



Call 877-778-1197 to schedule a telemedicine appointment

Methodist Family Health knows Arkansas's children and families are overwhelmed with all the upheaval from COVID-19. To provide the best possible care to those who may need our help, our statewide counseling clinics and school-based counseling are available today for counseling and assistance over the phone or computer. Every safety, health and privacy precaution are in place. No matter where you are in Arkansas, we are only a call away at 877-778-1197 or e-mail at Info@MethodistFamily.org.

Please call us for an appointment or initial consultation. We will work with your schedule and technological capabilities. We are here - today and always.



Calling All Those Who Sew

Do you sew? If so, we need you!

You have been so gracious in making us face masks for our acute and subacute hospital in Maumelle, Methodist Behavioral Hospital, to keep our patients and team members safe.

We need about 200 more so everyone is covered. Would you consider sewing some masks and delivering them to:

Methodist Behavioral Hospital
1601 Murphy Dr.
Maumelle, Arkansas 72113

Any print or color is fine, and all of us - the children and their families we care for, our staff and their loved ones - are deeply appreciative. Thank you for your support during this unpredictable time and always. Above all, please stay healthy and safe.

How to Make a Face Mask

What you will need:

- Cotton fabric, a pretty print is best. - Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic) - Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

You can make two sizes: Adult or Child.

1. Put right sides of cotton fabric together o Cut 9x6 (Adult) or 7.5 x 5 (Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction
8. Sew around the edge of the mask twice.

LIGHT BEARERS



We had a pretty good idea of what kind, generous and solid people there are in Arkansas, but we had no idea just how talented and beautiful. Look at

These face masks were made and provided by Arkansas seamstresses - all to help keep the children and families in our care safe.

If you have made face masks for us or any other healthcare organization, please know we are profoundly grateful for your time, talent, resourcefulness and generosity.

We also have been inundated with letters and well-wishes for the children and youth in our residential programs. Everyone from kids to seniors are bringing back the pen pal trend, and our kids are thrilled.

On behalf of our kids and team members, thank you for heeding our call for help. We appreciate you tremendously.



LATEST NEWS & EVENTS



Good News for Get Up & Give

This year's Get Up & Give Lenten Collection Project has been **EXTENDED until June 30, 2020.** This means you have about two and a half more months to collect necessities for the children and their families in our care before sending them to the Methodist Family Health Counseling Clinic in your community.

Arkansans can contribute to our state's children and families who are abandoned, abused, neglected and managing psychiatric, emotional, behavioral and spiritual issues. Both children and adults can participate by donating personal hygiene items, clothes, shoes, school supplies, bedding, funds and other necessities



to the Methodist Counseling Clinic in their community by June 30, 2020. **Please note: we will start accepting donations at Methodist Family Health Foundation once we have returned to full-time staff.** If you have any questions regarding this, please e-mail Info@MethodistFamily.org for details.

Methodist Family Health asks that all items contributed through Get Up & Give are new. Monetary donations also can be contributed so specific items can be purchased to meet the needs of the Arkansas children and families in our care. Contributions can be delivered to the following locations, including:



- Alma: 1209 Hwy 71N, Suite B, Alma, AR 72921; phone 479.632.1022
- Batesville: 500 E. Main St., Suite 310, Batesville, AR 72501; phone 870.569.4890
- Fayetteville: 74 W. Sunbridge Dr., Fayetteville, AR 72703; phone 479.582.5565
- Heber Springs: 515 N. Main St., Heber Springs, AR 72543; phone 501.365.3022
- Hot Springs: 100 Ridgeway, Suite 5, Hot Springs, AR 71901; phone 501.318.6066
- Jonesboro: 2239 S. Caraway, Suite M, Jonesboro, AR 72401; phone 870.910.3757
- Little Rock: 1600 Aldersgate Road, Suite 100B, Little Rock, AR 72205; phone 501.537.3991
- Magnolia: 621 E. North St., Magnolia, AR 71753; phone 870.234.0739
- The Methodist Foundation of Arkansas, 601 Wellington Village Rd, Little Rock, AR 72211; phone 501.664.8632



For a shopping list, flyer or more information, visit <https://www.methodistfamily.org/get-up-and-give.html> or call 501-906-4201.

2020 Southern Silks Rescheduled for Saturday, September 5

Hold your horses! This year's signature fundraiser, Southern Silks is **STILL A GO!**

The only change is it will be on Saturday, September 5 instead of May 2. Everything else remains the same - the time (6 p.m.), the inspiration (the 146th running of the Kentucky Derby), the place (Embassy Suites in Little Rock) and the fun!

To sponsor, inquire about tickets or get more information, contact Jamie Griffith, Methodist Family Health Foundation project manager, at JGriffith@MethodistFamily.org. Or, visit the Southern Silks page at <https://www.methodistfamily.org/southern-silks.html>



BENEFITING
Methodist Family Health

Sincere Thanks to Our Southern Silks Sponsors

Methodist Family Health Foundation is so grateful to these sponsors for continuing their support of Southern Silks in 2020 despite it being rescheduled. As the COVID-19 event continues, we will remain vigilant of safety and health guidelines to keep secure those attending, sponsoring, volunteering and supporting our signature fundraising event.

If you have any questions about this year's Southern Silks or how to get involved, please contact Carolyn McCone, CFRE, executive director of the Methodist Family Health Foundation, at CMcCone@MethodistFamily.org.



Save the Date for 2020 Bright Night

Hot days lead to a Bright Night for Arkansas children and families on

Friday, August 7, 2020.

Join Methodist Family Health and bring your friends for a glowing-good time at Big Rock Mini-Golf and Fun Park, where kids and families can play mini golf, bumper boats, arcade games, go-karts, lazer frenzy, batting cages, an amazing aerial maze and much more!



Proceeds help rebuild the lives of Arkansas children and families who are abused, abandoned, neglected and dealing with psychiatric, behavioral, emotional and spiritual issues.

WHEN: 5-8 p.m., Friday, Aug. 7, 2020

WHERE: Big Rock Mini-Golf and Fun Park, 11411 Baseline Rd., Little Rock

TICKETS: \$30 per person. Visit <https://methodistfamily.ejoinme.org/bright-night-tickets> to purchase.

MFH Heroes for Family Come to Our Rescue - Again!

Heroes FOR Families

SPONSORSHIP PROGRAM

Family Guardian



Family Ally

**WEAVER
BAILEY**

Family Friend



Our 2020 Heroes for Families sponsors are an exclusive group of donors who support all major Methodist Family Health Foundation fundraising events. Methodist Family Health is so fortunate to count these sponsors as heroes not only to the Arkansas children and families in our care, but to all of us in our complete continuum of care.

All proceeds from the Heroes for Families program go directly to the assistance of children with psychiatric, behavioral, emotional and spiritual problems and their families throughout Arkansas. In addition to recognition on our website, Heroes for Families sponsors are recognized at all Methodist Family Health events with VIP treatment.

It is our privilege to include these donors among our sponsors at Methodist Family Health. All of our thanks to the Methodist Foundation for Arkansas, Weaver Bailey Contractors, Datamax, First Security Bank and Crews & Associates, Hudson Cisne & Co. LLP and Kinco Constructors. Thank you all for your commitment to providing the best possible care to those who may need our help.

If you or your organization would like to be a hero for our families, please contact Amanda Smith at 501-906-4220 or e-mail Amanda.Smith@MethodistFamily.org.

Join the MFH QuarantEam



Donate to help keep the kids in our care healthy, happy and rewarded for good behavior during this shut-in time. **A generous donor will match it up to \$5,000 – for the next 10 days!**



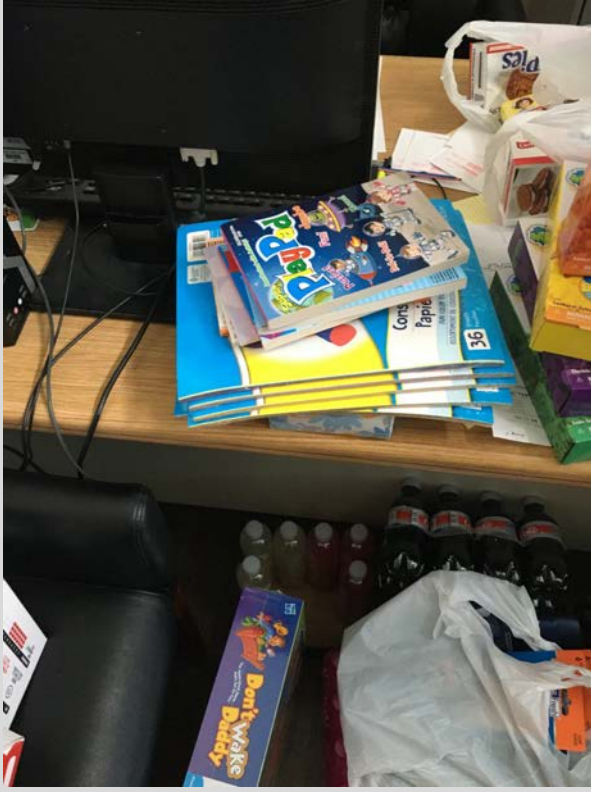
MethodistFamily.org/donate



QuarantEAM to the Rescue!

SUPER NEWS! A generous donor, who wants to remain anonymous (like all true super heroes) has agreed to match contributions up to \$5,000 for the children in our care! Here are some of the games, toys and activities our anonymous super hero has made possible to date. Will you be a HERO now – and see your kindness doubled?

- Text GIVE to 501-881-2258
- Visit <https://buff.ly/3dzopYd>, click Donate Now
- Mail: Methodist Family Health Foundation, P.O. Box 56050, Little Rock, AR 72215
- Paypal: <https://buff.ly/3dBo0od>



MFA, Pulaski Heights UMC Make Easter Hoppy for MFH Residents





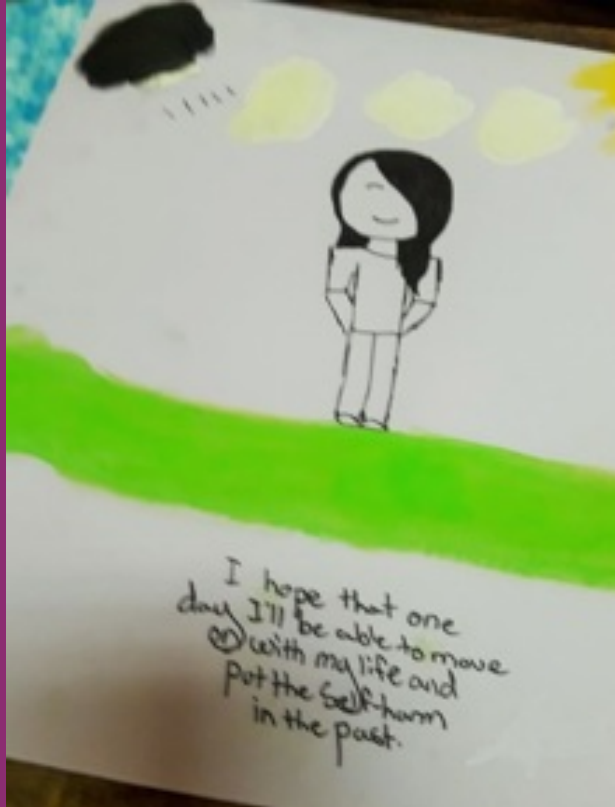
The Methodist Foundation for Arkansas and Pulaski Heights United Methodist Church brought some color and joy to our kids last week. The Methodist Foundation of Arkansas gave us a box of toys and other goodies they collected for our 11th Annual Get Up & Give Lenten Collection Project, including these Legos anyone would want. They also gave our kids this fabulous series of paperback books, which are most requested by the children, tweens and teens in our care. Pulaski Heights United Methodist Church donated Easter eggs filled with candy to us so we can have our own Easter egg hunts at our residential locations.



Art Grants

Since June 2018, the Methodist Family Health Foundation received \$136,263 in grant support. From arts in our Little Rock Day Treatment Program to dental care for our Arkansas CARES moms, community partners helped Methodist Family Health provide needed programs and services. Without their support, many of these programs and updates would not be available.

- The Arkansas Arts Council and the Charles A. Frueauff Foundation provided art programming for the clients of the Little Rock Day Treatment Program as well as a summer program for clients at the Psychiatric Residential Treatment Center on the Methodist Children's Home campus.
- Blue and You Foundation, the



Entergy and Sam's Club #8104 provided support for Camp Healing Hearts.

- Delta Dental of Arkansas Foundation and the Roy & Christine Sturgis Charitable and Education Trust provided dental care and repair for moms in Arkansas CARES while the Starr Foundation and the W. P. Sturgis Foundation provided general support for the Arkansas CARES program.
- The Heflin Youth Foundation provided funds to update the Priv Crib at Little Rock Day Treatment.
- The Methodist Foundation for Arkansas provided funding for our group home clients to attend the Robert Regnier Summer Memorial Camp at Camp Tanako.
- The Rebsamen Fund provided Kindle tablets to all therapeutic group home for clients to use.

Methodist Family Health SENTINEL
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MethodistFamily.org

Methodist Family Health is the management company of:

- Methodist Children's Home
- Methodist Behavioral Hospital
- Methodist Counseling Clinics

- Arkansas CARES

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**The mission of Methodist Family Health is
to give the best possible care
to those who may need our help.**